



September 2011

TEACHing about 9/11

Indiana National Guard State Youth Program

Physical Address:
3762 W. Morris Street
Indianapolis, IN 46241

Mailing Address:
JFHQ-IN-J9
2002 S. Holt Road
Indianapolis, IN

Suzanne Dagley
State Youth Coordinator
suzanne.dagley@us.army.mil
1-317-247-3300 ext.
85481
(toll free) 1-800-237-2850
ext. 3192

Ann Medford
State Youth Coordinator
ann.e.medford.ctr@us.army.mil
1-317-247-3300 ext.
85428
(toll free) 1-800-237-2850
ext. 3192

www.in.ng.mil/
familyprograms
www.facebook.com/#!/
IndianaFamilyPrograms

Robin H. Gurwitch, PhD

Talk about September 11, 2001. Talking and listening to your child is a cornerstone to a healthy family. It seems so easy, especially when they are very young. Keep in mind that really talking and listening is tough and takes commitment. As children enter the preteen and teen years, it can be a challenge, but it's equally as important. Start now! Find time each day to check in with your children about the days events. Remember, you are their biggest source of support, and talking can make even the most difficult subjects easier for kids to understand. When we talk to our children about events like the anniversary of September 11, 2001, we need to let them know that we are open to listening and hearing what they have to say. When we don't, our children may believe that the subject is too upsetting or scary for parents to discuss or that we don't want to hear what they have to say. Once these talks become a regular part of your routine, children will come to expect them and they'll be ready to open up each day. TALK! Here are some ways to get it going:

Take the first step, *Start the conversation. Children will follow your lead! After telling your child about September 11 or watching the Nick News special (www.nicknews.com) with him or her, ask your child about it. You can simply say something like, "The events of September 11, 2001, can sometimes be very confusing and a little bit upsetting. There was a lot happening on that day and afterward. Tell me what you think about what you learned." (Be careful-if you ask, "Do you have any questions about September 11?" most young children are likely to say, "No," even when they do.)

***Ask about any worries and concerns your child may have.** Remember there are no rights or wrongs. Even if their worries don't seem logical, they are very, very real for children. For example, if your child is concerned that terrorists may come to his or her school, you might say, "I know you are worried. Your school has a plan in place to help make sure that no one who is not supposed to be inside the school is there. That's why, even though I am your mother, I still have to check in at the office before I can go anywhere in the school."

For the rest of this document visit
[http://www.apa.org/news/press/
releases/nick-news.pdf](http://www.apa.org/news/press/releases/nick-news.pdf)



Adventure Camping Opportunities for Military Youth

Would you like to spend time whitewater rafting, hiking, rock climbing, winter camping, skiing, backpacking, mountain biking, exploring the environment, running rope courses, geo-caching, or practicing wilderness survival skills? What if you could do these activities with other military youth just like you?

Military teens (14–18 years old) will have an opportunity to participate in adventure camps scheduled April 2011 through April 2012. These high energy, high adventure, and high experience camps are planned across the United States from Alaska to Maine and from Colorado to Georgia as well as states in between. There are even opportunities for military teens in Europe. This is the perfect chance for you to experience the outdoors as you never have before!

Visit the website at http://www.extension.purdue.edu/Adventure_camps/

Camps by Date are listed in the order they occur, while Camps by Location are listed alphabetically by the state in which they are offered. You'll find camp dates, the number of openings, types of activities offered, and a brief camp description.



PURDUE
UNIVERSITY



SYC Jokes

What do you call a cute volcano?
Lava-ble.

How do trees get on the internet?
They log in.

What is a tornado's favorite
game? Twister!

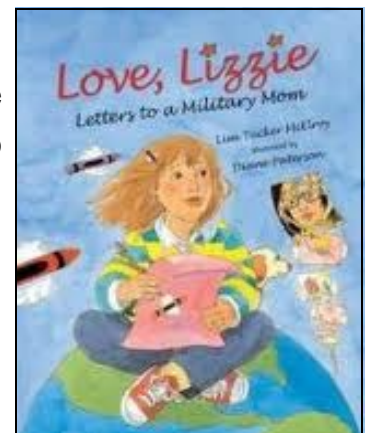
What did the limestone say to the
geologist? Don't take me for
granite.



The Reading Corner

Lizzie's mom is serving in the military overseas, and Lizzie really misses her. While they are apart, Lizzie and her mom write letters to each other to help make the separation easier. Lizzie asks her mom to hurry up and defend freedom so she can come home soon. It's hard when her mom misses Lizzie's soccer championship and her birthday. Throughout the story, Lizzie draws maps to show her mother the important things in her life—like the new ice cream store, her new friend's house, the family's Thanksgiving airplane trip to Florida, and the stars in the sky. While Lizzie doesn't know exactly where her mom is, they both can wish on the same star.

www.barnesandnoble.com



Healthy After School Snack

Ritz Caterpillar

What you need:

5 Ritz Crackers
2 tsp creamy peanut butter
1 tsp. grape jelly
10 pieces (1 inch each) shoestring licorice
2 small round candies



Make It:

Spread 3 of the crackers with peanut butter; spread the remaining two crackers with jelly
Arrange crackers alternatively on serving tray to resemble a caterpillar, overlapping crackers slightly.

Decorate with shoestring licorice and candies for the "caterpillar's legs, "antennae" and "eyes."

?? GOT CHARACTER ??

SIX PILLARS OF CHARACTER

Being a person of character means "YOU LIVE UP TO A HIGHER STANDARD"

Trustworthiness-integrity, honesty, promise-keeping, loyalty

Respect-courtesy, autonomy, diversity, Golden Rule

Responsibility-duty, accountability, pursuit of excellence

Fairness-openness, consistency, impartiality

Caring-kindness, compassion, empathy

Citizenship-lawfulness, common good, environment

Get recognized for demonstrating character in your community. Email us your story, and we will print it in our next newsletter.

*****Be sure to get your mom or dads permission.**

Stay Safe Online

"You text, you play games, you share photos and video. You update your status, you post comments, you may spend some time in a virtual world.

Being connected online is how you live your life. And as you spend more and more of your time there, it can be easy to over-share, embarrass yourself, mess up your computer, and possibly get messages from creepy people. The truth is that there are some risks involved in socializing, playing, and communicating online."

In Living Life Online, teens learn how to stay safe online, how to use critical thinking skills - and how to apply them to the content they see all around them. Click the link below to access a guide that has short articles, activities, quizzes, and an ask-the-expert column. With topics as varied as how to handle both bullying and bill shock, Living Life Online helps teens navigate the 21st century landscape.

<http://www.ftc.gov/bcp/edu/pubs/consumer/tech/tec15.pdf>

Free SAT & ACT Study Kits

Children and relatives of Service Members can get free SAT and ACT preparation kits again this year, compliments of several professional athletes and the testing company eKnowledge.

The SAT and ACT PowerPrep Program, which retails for \$200, is available free upon request. It consists of 11 hours of video instruction, 3,000 files of supplemental test prep material, sample questions and practice tests, the release states.

The sponsorship is entering its sixth year and has donated 167,000 programs valued at over \$37 million. The eKnowledge release said the company does not profit from the program.

For more information: http://www.eknowledge.com/affiliate_welcome.asp?coupon=1927DB137F

Our Military Kids



If you or your spouse are in the National Guard or Reserves and are deployed overseas, Our Military Kids can help pay for sports, fine arts and tutoring programs for your children.

For more information go to:

<http://www.ourmilitarykids.org/>

Tutor.com

The Tutor.com for U.S. Military Families program gives eligible military families access to free online tutoring and free homework help from live, professional tutors in more than 16 subjects.

Military families who are moving frequently or dealing with a deployed parent can rely on our tutors for expert help staying on top of tonight's homework or catching up on missed concepts and lessons—at no cost.



Boys & Girls Club Day for Kids- September 17th

Unlike many other counties, America does not have an official day to celebrate its children. Boys & Girls Club of America, along with the support of other leading youth-serving organizations, is working to change that by establishing a Saturday in September each year as Boys & Girls Clubs day for Kids.

Created as a day to foster relationships between adults and children, the mission of BGC Day for Kids is to establish a day to celebrate and honor American children through the gift of meaningful time. Research shows that when adults spend meaningful time with kids it helps them develop a positive self-image and a sense of belonging, usefulness and purpose. Now, more than ever, BGC Day for Kids provides adults and kids an opportunity to take a break from their busy lives and celebrate the wonder of life and the fulfillment of spending time together.

Visit the Day for Kids website <http://www.dayforkids.org> to find tips on spending meaningful time with young people 365 days a year, to find a local BGC Day Celebration close to you and to see many other wonderful resources.

EFMP-Exceptional Family Member Program

10 Ways to Help Improve Social Skills in Kids on the Autism Spectrum by Carrie Bishop www.indyschild.com

Following are suggestions area experts have stated as appropriate ways to help kids improve their social skills.

Teach your child how to ask for things, answer questions, follow directions. These are core elements of language and the foundation of social skills.

Prioritize peer-to-peer interactions. Small playdates involving two, three or four children will expose your child with autism to appropriate social behavior and allow him or her to learn and practice social skills in a safe environment.

Practice social skills at home. At home you and your child's siblings can do things like play turn-taking games and practice waiting in line.

Connect with a behavior analyst. If you can afford to have your child work with a certified behavior analyst you both will learn ways to help him gain appropriate social skills.

Use social stories to help prepare your child for upcoming events and happenings. You can help your child alleviate some anxiety about approaching social situations by reading social stories with them.

Write social skills goals into the IEP and update them every year. Social goals should be written into your child's individualized education plan (IEP) and implemented throughout their school day including in the classroom, at lunch, even recess.

Enlist peer buddies or mentors. Peer buddies at school can show your child how to do things like play hopscotch at recess and serve as a friendly resource for various matters.

Talk specifically about appropriate words to use or not to use in specific situations. Let your child know what may or may not be appropriate to say when visiting a friend in the hospital, going to a birthday party, or entering into any social interaction.

Keep a detailed calendar of upcoming events so your child knows what to expect each day. Your child with autism doesn't need social surprise. Knowing what is on his dance card will give him a sense of control and provide opportunity to focus on appropriate social behavior.

As social rules evolve so should your child's social skills. What is expected of a 6-year-old differs from what will be expected of them in their teens.

Websites to Checkout



Military One Source
www.militaryonesource.com



Operation Military Kids
www.operationmilitarykids.org



Zero to Three
www.zerotothree.org



Military Child Education Coalition
www.militarychild.org



National Association of Child Care Resources and Referral Agencies

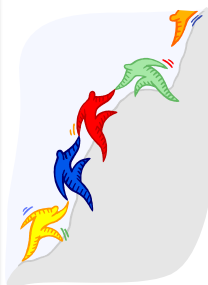
www.naccra.org



Be sure to like our page on Facebook

www.facebook.com/#!/IndianaFamilyPrograms

Council Corner



On September 24th the Indiana National Guard Youth Council will take part in a service project at the Hoosier Youth Challenge Academy Campground, which is owned by the National Guard. Much of the camp is inaccessible because a bridge over Six-mile Creek washed out. Access was lost to the other side of camp when the bridge washed out. The Boy Scouts have made a bridge building kit. On the 24th we will use the bridge building kit to erect the bridge in partnership with the Boy Scouts.

Be sure to check out the Council Corner next month to see pictures and read about the event!

SOS: Family Day at the Farm

Family Day at the Farm was a success! Survivor Outreach Services partnered with Youth Programs for this wonderful event. Youth who came enjoyed learning how to rope like a cowboy, participated in teambuilding activities with the horses, competed in a watermelon seed spitting contest, listened to a story told by Hopalong Cassidy, and many other wonderful activities. Here are a few pictures from the day:



Thanks to all who participated!

Boys & Girls Club: No-cost Membership



**YOU SERVE
OUR COUNTRY.
LET BOYS & GIRLS CLUBS
SERVE YOUR CHILDREN.**

★ ★ ★ ★ ★
**MISSION
YOUTH
OUTREACH**



**AS A MEMBER OF A MILITARY
FAMILY, YOUR CHILD CAN RECEIVE A
NO-COST MEMBERSHIP TO THE BOYS
& GIRLS CLUB IN YOUR COMMUNITY.**

Clubs provide a fun, safe and supervised environment,
where your child can –

- Get active with games and athletics
- Enrich creative skills
- Explore academic and career goals
- Receive the guidance of caring, adult professionals

**FIND THE CLUB
IN YOUR COMMUNITY.
GO TO BGCA.ORG/MILITARY
OR CALL 800-854-CLUB.**

MISSION: Youth Outreach is a partnership of the U.S. Armed Forces and Boys & Girls Clubs of America. Boys & Girls Clubs have proudly supported the children of America's service members since 1991. Today, BGCA partners with all branches of the U.S. Armed Forces to provide critical programs, support and stability for young people. On installations around the world and in communities across the nation, Clubs are there for military youth.

A partnership between the Joint Military Services and Boys & Girls Clubs of America



11

FREE COLLEGE FAIR

NATIONAL COLLEGE FAIR INDIANAPOLIS

Tuesday, October 11, 2011

9:00 a.m.–12:00 p.m. and

6:00 p.m.–8:00 p.m.

Indiana Convention Center

Exhibit Hall B

Reach new heights with...

MORE THAN
200
COLLEGES
ATTENDING!

www.nationalcollegefairs.org

Before the fair...

Review the colleges on this sheet and decide which to visit.

Go to www.nacacnet.org/notstudent to:



Register for the fair.



Watch the video for a complete fair overview.



Learn about different types of schools.

Know your rights?
Click for
more information.

At the fair...

Pick up the on-site locator for the latest school list and a booth location map.

Meet one-on-one with college representatives who can answer your questions.

Visit the Counseling/Resource Center to talk to a counselor about choosing a major, financial aid scholarship information, and more.

Attend a Workshop about financial aid, standardized testing, the application process, and more.
Check online for specific workshops that will simplify your college search.

National College Fair
Contributors:



\$1.3 million in
scholarships a year

Apply at
www.axa-achievement.com

Indianapolis Star

achieve
more

SAT



Chairpersons

Mike Jaskoski

Cathedral High School

Liz Otteson

Brebeuf Preparatory School



free
to students and parents!

Interested in the performing or visual arts? Go to www.nacacnet.org/pvstudent to find out more about the CINCINNATI Performing and Visual Arts College Fair.



Participating Colleges and Universities

International

Savannah College of Art and Design, Hong Kong and Online

Alabama

Samford University
The University of Alabama
The University of Alabama in Huntsville

Arizona

Arizona Christian University
Arizona State University
Grand Canyon University
University of Advancing Technology
The University of Arizona

California

FIDM-The Fashion Institute of Design & Merchandising
Musicians Institute

Colorado

Colorado State University
Western State College of Colorado

Connecticut

University of New Haven

District of Columbia

The Catholic University of America

Florida

Florida Gulf Coast University
Florida Institute of Technology
Jacksonville University
Saint Leo University
The University of Tampa

Georgia

Berry College
Savannah College of Art and Design
Shorter University

Hawaii

Hawaii Pacific University

Illinois

Augustana College
Blackburn College
Bradley University
Columbia College Chicago
Concordia University Chicago
DePaul University
Dominican University
Eastern Illinois University
Elmhurst College
Harrington College of Design
Illinois College
Illinois Institute of Technology
Illinois Wesleyan University
Lincoln Christian University
Lincoln College
Loyola University Chicago
McKendree University
Millikin University
Monmouth College
North Central College
North Park University
Northern Illinois University
Robert Morris University Chicago
Southern Illinois University Carbondale
University of Illinois

Indiana

Anderson University
The Art Institute of Indianapolis
Ball State University
Brown Mackie College
Butler University
DePauw University
Earlham College
Goshen College
Hanover College
Indiana Tech
Indiana University Bloomington
Indiana University - Purdue University Indianapolis
Marian University
Purdue University
Purdue University - College of Engineering
Purdue University - Health and Human Sciences/Management
Rose-Hulman Institute of Technology

Saint Joseph's College
Saint Mary's College
Trine University
University of Evansville
University of Indianapolis
Valparaiso University

Iowa

Ashtford University
Drake University
The University of Iowa
Wartburg College

Kentucky

Bellarmine University
Brescia University
Campbellsville University
Kentucky State University
Kentucky Wesleyan College
Morehead State University
Murray State University
Spalding University
Thomas More College
Transylvania University
University of Kentucky
Western Kentucky University

Louisiana

Tulane University

Maine

University of New England

Massachusetts

Northeastern University
Universal Technical Institute

Michigan

Albion College
Alma College
Aquinas College
Calvin College
Ferris State University
Grand Valley State University
Hillsdale College
Hope College
Kettering University
Lake Superior State University
Lawrence Technological University
Michigan State University

Michigan Technological University
Northern Michigan University
University of Michigan
Western Michigan University

Minnesota

McNally Smith College of Music

Missouri

Maryville University
Missouri University of Science and Technology
Ranken Technical College
Saint Louis University
St. Louis College of Pharmacy
Webster University

New Jersey

Rutgers University
Stevens Institute of Technology

New York

Iona College
Rochester Institute of Technology
University of Rochester

North Carolina

Belmont Abbey College
High Point University
Warren Wilson College

Ohio

Capital University
Cleveland Institute of Art
College of Mount St. Joseph
Columbus College of Art and Design
Defiance College
Heidelberg University
Hocking College
John Carroll University
Kent State University
Lourdes College
Miami University
Ohio Christian University
The Ohio State University
Ohio University
Ohio Wesleyan University
Otterbein University
University of Cincinnati

University of Cincinnati - College of Engineering and Applied Science
University of Dayton
Wilmington College
Xavier University

Pennsylvania

Grove City College
Penn State
University of the Sciences
Villanova University

Rhode Island

Johnson & Wales University

South Carolina

Newberry College
University of South Carolina

Tennessee

Vanderbilt University

Texas

Texas Christian University

Vermont

Champlain College
Green Mountain College

Virginia

Emory & Henry College
Hampton University
Virginia Commonwealth University
Virginia Military Institute

West Virginia

Bethany College
Marshall University
Wheeling Jesuit University

Wisconsin

Carthage College
Marquette University
Milwaukee School of Engineering
Northland College
University of Wisconsin - Milwaukee
University of Wisconsin Whitewater

Free Military Adventure Camp for the Family



Looking for an exciting family vacation?
Join us on this **FREE** camping adventure.
NO GEAR? NO EXPERIENCE? NO PROBLEM!

Challenge Course, Corn Maze and Campout!

**Life Adventure Center
Versailles, Kentucky
Sept. 16-18, 2011**

Military service member parents and their teens (age 14-18) are invited to join us for a **FREE** and exciting three-day, action packed adventure at Life Adventure Center in Versailles, Kentucky. Visit the 600 acre educational facility to reconnect and spend time with other military families. Participants are welcome from any state and branch of the military. First priority is to families who have experienced at least one deployment. Parent/child teams will work together to: **navigate the corn maze, climb the rock wall, ride the zip line, enjoy the great outdoors, and much more!**

Contact Us

Learn more at:

<http://www.ca.uky.edu/hes/fcs/militarycamp>

Contact:

Lauren Smith

**Military Extension Adventure Camp Coordinator
University of Kentucky
(859)257-3072**

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture



Life Adventure Center
OF THE BLUEGRASS
RECREATION, EDUCATION, INSPIRATION



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties Cooperating. Disabilities accommodated with prior notification.